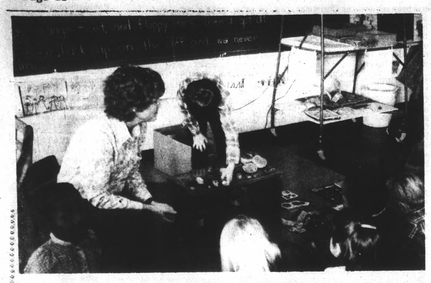

Study of Rocks and Minerals

For a follow-up lesson in the study of rocks and minerals Mrs. Julia Perkins, a parent volunteer at the Primary School, visited Mrs. Virginia Cyrus' second grade class recently for a discussion and demonstration of rocks, minerals, and fossils. Each student had an opportunity to participate in an experiment with alum or with salt. The students were able to apply their skills in measuring, labeling, and observing.

Holiday Season Is Busy Period For Burglaries

Unwrapped Christmas presents displayed neatly under the tree are an entertaining sight for holiday guests, but they also may appeal to uninvited house guests. If your trees in front of the picture window, your gifts could be an open invitation to thieves walking by outside.

According to the FBI, December is the second busiest month of the year for burglaries. Last December, there were 4,935 burglaries in the state of Virginia. "Homeowners should exercise care to avoid a ruined holiday," cautions Walter G. Muller, regional manager of Aetna Insurance Company and chairman of the Insurance Information Institute's Virginia Advisory Committee. Mr. Muller suggests the following:

Don't pile up presents under the Christmas tree if it's located near a picture window and visible from outside your home.

Don't leave unwrapped gifts on display in your home after Christmas Day.

Immediately store all valuable gifts in a safe place.

Check the identification of any charity solicitors before allowing them to enter your home. More than one thief has gained access to a home by pretending to collect for a worthwhile cause, or to deliver packages.

If you plan to visit relatives or friends for a few days during the holiday season, arrange for a neighbor to collect the Christmas cards and other mail which may accumulate during your absence.

Never leave your home unlocked or your garage open and unlocked while going shopping, even if you will only be away for a short period.

While shopping, lock your purchases in the trunk of your car. If you have no trunk, put them on the floor where they are not readily visible.

Arrange your shopping so that your more expensive purchases are made last.

Never leave your wallet or purse unattended on a counter or in a shopping basket.

HAPPINESS IS 4-H

By Frank H. Sweet
Extension Agent

Scott Drinkard, JoAnn Jamerson and Tammy Jamerson helped provide special entertainment for the Annual Meeting of the Lynchburg Feeder Calf Association last week at the WOW Building. These young people did an excellent job and have had many nice compliments since their performance. During the year there will be many opportunities for young 4-H'ers to perform.

If you are a member of a civic or community organization and would like some 4-H'ers to provide entertainment for a special meeting, please let us know.

* * *

4-H Meats Team will practice Tuesday afternoon, December 18, at 3:30 p.m. in the Extension Office. All interested 4-H'ers are invited.

* * *

The first practice session for the new Soils Judging team will be Monday afternoon, December 17, at 3:30 p.m. in the Soil Conservation Service office in Appomattox. All 4-H'ers interested in learning more about soil types, uses and conservation practices are invited to attend. We'll plan to go out in the field if weather permits. Last year Dale Glover, Glen McClenny, Allen Smith, Jim Hix, Ruby Smith, Sally Coleman, Blair Smith and Cheryl Walton worked with the 4-H Soils Judging program.

* * *

4-H Public Speaking will be held in late January or early February. 4-H'ers who plan ahead and prepare early usually do well in Public Speaking. Speeches may be on any topic and should be 2-4 minutes in length for Junior members (under 14) and 5-7 minutes in length for Senior Members (14 and over). Farmers National Bank has sponsored this event for the past seven years.

* * *

Cheryl Walton returned last week from National 4-H Congress in Chicago. Cheryl will receive a set of slides about National Congress and will be available to present programs about her trip. Let us know if your group would like a program about National 4-H Congress.

Va. Fibre Reports Weekly Wood Purchases

Listed below is the total dollar volume of wood purchased by Virginia Fibre Corporation of Riverville for the week ending December 2, 1979. Purchases are listed by counties.

Albermarle	8,243.66
Amelia	3,588.03
Amherst	6,346.27
Appomattox	9,283.59
Bedford-County	2,325.95
Buckingham	16,627.32
Campbell	4,535.36
Charlotte	9,542.51
Cumberland	12,426.54
	1,791.66
Fluvanna	627.80
Franklin-County	644.39
Goochland	380.63
Madison	677.92
Mecklenburg	2,927.92
Nelson	8,180.13
Pittsylvania	679.80
Powhatan	2,017.92
Prince Edward	11,114.96
Prince William	896.52
Rockbridge	1,235.00
	103,495.74

We feel this information will be of interest to our readers in Appomattox County and in the adjoining counties as well.

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Terry L. Wright Receives Degree

Auburn University in Auburn, Alabama will award a total of 934 degrees at its two campuses at the end of fall quarter, bringing the total for the last four quarters to 4,690, according to Dr. Tom Stallworth, registrar.

Among the 809 degrees to be awarded on the main campus December 13th, today, at 2:30 p.m. in Memorial Coliseum are one honorary, 650 bachelor's, 125 master's, 2 specialist's and 31 doctorates. AUM will award 84 bachelor's and 41 master's, for a total of 125, in separate ceremonies.

Receiving his Bachelor's degree will be Terry Landon Wright of Appomattox.

During the last year, 4,020 degrees have been awarded on the main campus and 670 on the AUM campus. This brings totals awarded at the two campuses since 1859 to 92,355 on the main campus and 5,095 at AUM, for a total of 97,450.

In addition to commencement, joint military ceremonies, at which graduating seniors in the reserve officers programs will be commissioned, will be held in Langdon Hall at 9:30 a.m. Auburn President Harry M. Philpott will address that group as he has throughout his 14 years at Auburn.

The traditional reception for graduates and their families will be held in the Foy Union ballroom beginning at 10:30 a.m. and concluding at 12:30 p.m.

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December Member of the Month

During the December meeting of the Appomattox Senior Chapter, Future Homemakers of America, it was announced that the FHA Member of the Month for December is Ivette Ferguson, a senior at A.C.H.S.

She was on a panel for the September Club meeting and modeled in the fashion show for the October meeting. Ivette has helped sell candy to raise money for the chapter and she attended the Fall Federation meeting in Altavista.

Ivette is the daughter of Mr. and Mrs. James Ferguson, Jr. of Gladstone.

"Year of the Child" Essay Contest Winners Announced

The Appomattox "Year of the Child" Committee sponsored an essay contest for students at the county's middle and high schools. The topic was "Your Opinion of the Ideal Family Situation" Essay were screened first by the English teachers at the schools, and selected ones were given to the IYC Committee for final judging.

From the high school, first place award goes to Susan Shorter; second place, to Suzan Eye; and third place, to Stella Osborne. The first, second and third place winners will be presented Savings Certificates of $25, $15 and $10, respectively, during the high school assembly on Friday, December 21.

The IYC Committee gratefully acknowledges the donation of these Savings Certificates by American Federal Savings and Loan.

Four other high school students receiving honorable mention for their essays are: Teresa Campbell, Karen Covington, Terri Nash and Cindy Simpson.

The three contest winners from the middle school are: first place, Michael McCoy, second place, Lori Lynn Coggins and third place, Darrie Brooks. These students will be presented checks for $25, $15 and $10, respectively, at the middle school's PTA meeting on Monday, December 17.

All of the winning essays will be published in the new "Young-Times-Virginian" section of this newspaper. The two first place essays appear in this edition. The other winning essays and those receiving honorable mention will appear in subsequent editions.

The IYC committee wishes to thank all of the students who participated in the contest for the insight you have shared with us on what an ideal family should be. (Parents and children read the essays and, take note!) We also wish to thank the English teachers at the high school and middle school who gave their time to work with these students and our committee on this contest.

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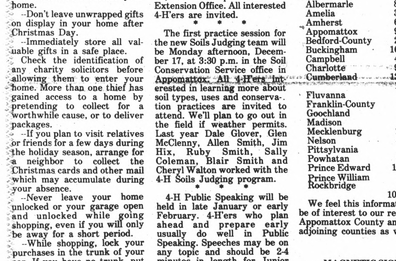

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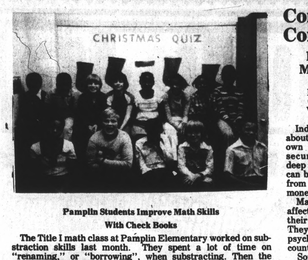

Pamplin Students Improve Math Skills With Check Books

The Title I math class at Pamplin Elementary worked on subtraction skills last month. They spent a lot of time on "renaming," or "borrowing", when substracting. Then the class visited the First National Bank in Pamplin, where Mrs. Shirley Richardson explained checking accounts to the children.

After the students returned from the bank, they were given a checkbook and a balance sheet for an imaginary checking account of two hundred dollars. Each child selected items from a mail-order catalog, wrote a "check" for each item and subtracted it from his "account." The balance sheets were checked on a calculator, and the students who were able to subtract all their pretend money to zero were the winners. After corrections, some students found they had spent less than they thought, and some had overdrawn their account! Those with totals closest to zero were (front row, left to right) Shelia McCoy, David Baldwin, Patricia Bennett, Jamie Baldwin and Herbert Croner. Others who participated were (back row) Landell Johnson, Russell Jones, Roger Bates, Tommy Richardson, Shirley Croner, Nancy Gilliam, Arlene Cobbs and Thelma Wheeler.

Consumer's Corner

Inflation Stirs Money Madness

By Glen H. Mitchell
Extension Specialist, Consumer Education
Virginia Tech College of Home Economics

Individuals who feel guilty about using money for their own pleasure; rely on it for security; think somewhere deep down inside that money can buy love; may be suffering from overconcern about money-money madness.

Many persons today may affect themselves adversely by their attitudes toward money. They look to it to satisfy their psychological needs and account for their problems.

Some may use money to "buy" love, affection, respect, or power. Others may think of it as dirty, blaming it for their difficulties and feeling guilty about enjoying it.

Rising inflation has made people more conscious of the cost of daily living and thus has increased the incidence of obsessive reliance on money for security.

For individuals to keep a sane view of money they must first learn what meaning money has for them--what needs they're trying to satisfy through its use, what goals they're trying to accomplish. Once the needs have been recognized, it is easier to put attitudes toward money in proper perspective so that it is neither worshipped nor despised.

It also is important to be realistic about what money can do. Expectations shouldn't get out of hand. Remember that money alone can't solve problems or alter a life.

Persons need to develop the ability to own and use money constructively, for their own and others' benefit. They should avoid getting carried away by money and using it in ways they will be sorry for later. Spending should be planned but individuals need to be able to use money spontaneously from time to time. The important thing is to remember that each person is in control.

Using money for pleasure is normal. Individuals don't have to apologize for enjoying money.

Finally, the ability to invest some money for future use should be developed. It should not all be spent for immediate rewards. This way persons control their own money and reduce their feelings of dependence on it as well as feel more secure about the future.

Appomattox Elementary School Menu

Thurs., Dec. 13 - Spaghetti w/meat sauce, tomato & lettuce, hot rolls, applesauce, milk.

Fri., Dec. 14 - Chuckwagon sandwich, blackeyed peas, chilled tomatoes, apple cobbler, milk.

Mon., Dec. 17 - Vegetable beef soup w/tomatoes, luncheat and cheese sandwich, peach pie, milk.

Tues., Dec. 18 - Hot dog on bun, coleslaw, great northern beans, applesauce, milk.

Wed., Dec. 19 - Oven fried chicken, sliced bread, greenpeas, whipped potatoes, sliced peaches, milk.

Thurs., Dec. 20 - Hamburger on bun, lima beans, french fries, purple plums, milk.

Fri., Dec. 21 - Cheese pizza w/beef, tomato & lettuce salad, buttered carrots, applesauce, milk.

Have a Merry Christmas and a Happy New Year!

Holidays May Be Depressing For Some, Warns Va. Tech Psychologist

Christmas cheer isn't always contagious.

As most people open gifts, visit friends and welcome family members home for the holidays, others sink into depression. There are several reasons for the holiday doldrums and several ways to beat them, according to a professor psychology at Virginia Tech.

"Major, severe cases of depression surface all through the year. But the minor, 'feeling blue' depressions tend to surface at Christmas," said Lee Frederiksen, assistant psychology professor and director of Tech's Psychological Services Center.

Some of those who are depressed share what Frederiksen called the "Norman Rockwell" view of the holidays. "These people expect Christmas to be a peaceful time when friends and family gather around the tree--a scene often painted by Rockwell," he said. "If this illusion is destroyed, they become disappointed and depressed."

Christmas also is an anniversary for depression because family troubles stand out more at this time, he noted. "People reflect on the family during the holiday season. If a family member has died in the past year, if the marriage is not working, if the kids are rebelling, the grief and worry seem intensified at Christmas," he said.

Also intensified are the economic demands, changes in schedule and disruptions of normal living patterns that Christmas usually brings. All of these help make the time stressful, and certain people become anxious and depressed, Frederiksen said.

The time after the holidays plays a part in some people's depression, according to the psychologist. "There is a big letdown for some after Christmas and New Year's, when all of the anticipation and activity are over," he said. "They ask, 'Is that all there is?' and become depressed."

There are ways to help a depressed person, once you spot the signals. "Someone suffering from depression usually displays a lack of energy and appetite, difficulty in sleeping, and feelings of sadness, hopelessness and helplessness," he explained.

To help a severely depressed person, whose depression threatens job and family security and his own physical well being, see that he talks to a health care professional, Frederiksen advised. In some cases, it may be appropriate to arrange an appointment for the individual.

In other less severe cases, it's important that the individual becomes active. "Activity is the best antidote for depression. The person should join a social organization, take up a hobby, visit friends or work out an exercise program. Activity is like chicken soup--it can't hurt," he said.

Another way to cope with depression is to prevent it. During the holidays, switching the calendar around may be one preventive measure, Frederiksen suggested. "Most of us hold Christmas parties before the holidays, when most people are extremely busy and encountering much stress. Why not hold a Christmas party after Dec. 25? People would then have something to look forward to after the gifts are opened."

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Susan Parris

FHA Member Of The Month

During the meeting of the Appomattox Senior Chapter, Future Homemakers of America, it was announced that Susan Parris was the Member of the Month in FHA for the month of October. Susan is serving as president of the local chapter and has participated i n all chapter activities. She has received her Junior, Chapter and State homemaker degrees and is active in FHA, 4-H, the Drama Club and sings with the Madrigal Singers at A.C.H.S.

A senior at A.C.H.S., Susan is the daughter of Mr. and Mrs. R. B. Parris, Jr.

Cheryl Walton

FHA Member Of The Month

The Member of the Month committee for the A.C.H.S. chapter, Future Homemakers of America announced that the FHA Member of the Month for November was Cheryl Walton. Cheryl is currently serving as a vice-president of the local chapter and as president of the Campbell-Appomattox Federation, Future Homemakers of America. She has participated in all chapter activities and entered articles in the Five County Fair. She has earned her Junior, Chapter and State homemaker degrees and is active in 4-H, the Latin Club and Spanish Club.

Cheryl is the daughter of Mr. and Mrs. Lloyd Walton of Appomattox and a junior at Appomattox County High School.

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For a complete list of free energy saving information from the Division of Energy, dial 1-800-552-3831, or write Energy, 310 Turner Road, Richmond, Va. 23225.

UDC To Meet December 20th

The Appomattox Chapter of the United Daughters of the Confederacy will meet Thursday, December 20th, at 6:30 p.m. at Maudes Restaurant for their annual Christmas dinner meeting.

Each member may invite a guest.

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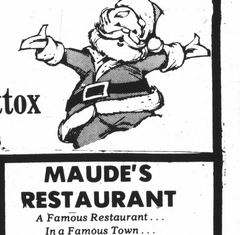

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